

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
JANUARY 23, 2013
MILFORD, UT

MEMBERS IN ATTENDANCE

Carma Sly
Mary Schaidt
Millie VonRitchie
Sharon Griffiths
Commissioner Clare Ramsey
Art Cooper
Joyce Griffin
Clem Griffin (Chair)
Lael Chynoweth
Judy Henrie
Pauline Prince
J. N. Webster
Arlen Grimshaw
Wallace Gibson
Mary Stevens
Doug Maxwell
Christie Benton
Tamara Atkinson
Kaye Reese
Sharon Ott

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Garfield County
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Kane County Advisory
Iron County Advisory
Washington County Advisory
Washington County Advisory
Washington County Advisory
Washington County Advisory

MEMBERS NOT IN ATTENDANCE

Ila Mae Swapp (Excused)
Commissioner Jim Matson (Excused)
Fayann Christensen (Excused)
Gayle Rhode (Excused)

Kane County Advisory
Kane County
Kane County Coordinator
Washington County Advisory

OTHERS IN ATTENDANCE

Lavonne Waldren
Dixie Pearson
Jeannine Bohn
Susan Mellor
Barbara Naching
Jim Sly
Pam McMullin
Donna Chynoweth
Teena Pittman
Connie Lloyd
Craig Hansen
Christine Holliday
Carrie Schonlaw
Carolyn Moss

Beaver County
Beaver County
Beaver County
Beaver County
Beaver County
Beaver County
Beaver County Coordinator
Garfield County Coordinator
Garfield County
Iron County Coordinator
Kane County
Washington County Coordinator
Five County Association of Governments
Five County Association of Governments

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I. WELCOME AND INTRODUCTION

Mr. Clem Griffin, Chair, conducted the meeting and thanked those in attendance for coming. Birthday wishes extended to Mr. Art Cooper and Mr. Clem Griffin.

II. MINUTES OCTOBER 23, 2012

Mr. Clem Griffin, Chair, requested a motion to accept the minutes of October 23, 2012, noting correction in names of those making the motion.

MOTION WAS MADE BY MR. ART COOPER TO ACCEPT THE MINUTES OF OCTOBER 23, 2012, WITH CORRECTION. MOTION SECONDED BY MR. ARLEN GRIMSHAW. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Clem Griffin, Chair, requested local sharing from County Coordinators. He thanked them for all their hard work.

Connie Lloyd - Iron County

Mr. Roy Urie, chair of the Iron County COA, passed away. AARP Tax Assistance began at the centers this month. Chronic Disease Diabetic Class is being held at the Cedar City Center. Three college students have been volunteering at the Cedar City Center with sealing the meals and deliveries. Two of those volunteers have been hired and work around their university class schedules. In October, the high school service club in Cedar City, sponsored a Cake Walk; also helped with the Thanksgiving and Christmas socials. Craft activities are popular and include weaving fleece blankets and making decorations for the centers. "The Spectrum" published an article about Kick-Stick exercise classes and attendance has increased; increased numbers for

Yoga classes. Ms. Lloyd is hoping to purchase low-impact exercise DVDs. Other ongoing activities at the centers include ceramics, computer and watercolor painting classes, sing-a-longs, bingo, DUP and SUP monthly meetings, and nutrition and blood pressure monitoring.

Christine Holliday - Washington County

Ms. Holliday reported that activities are continuing at all centers. The 5U1-C3 application has been approved by the State and is now at the IRS; she is hoping to use this for grants for fund raising activities.

St. George Center

New activity, ladder ball, at the center. The dining room floor has been repaired and refinished; pickle ball court now ready and seniors are again utilizing it. Classes available at the center include genealogy, personal history writing, Living Well with Chronic Disease - Diabetes, "Breakfast for the Brain" (5th session), and zumba (3 times a week with an afternoon class), and a new widow support group. The Center now has a Facebook and Twitter page; classes available to learn how to access these pages. The annual "Celebrating Wellness Expo" will be held on March 22, 2013. The Center is raising funds to purchase an awning or outdoor sails for the back patio to help with the heat in the summer months. New classes added include open-air art classes, and knitting.

Enterprise Center

Fund raising activities included the annual Corn Fest and Christmas in November. Seniors have taken trips to Cedar Mountain and a tour of Christmas lights. Local elementary school classes presented programs at the center.

Hurricane Center

Annual fund raiser, the Peach Days Breakfast, and flea markets were held. "Fall Leave" bus trips were provided.

Springdale Meal Site

Looking for a new director for the meal site. Meals are delivered from Hurricane and staff is helping until that position is filled.

Craig Hansen - Kane County

Mr. Hansen reported that the new addition at the Long Valley Center has been completed and will be used for activities. The Center is doing well and is cooking meals for the entire county. Kanab serves meals 5 times a week; Long Valley 2 times weekly. Exercises classes are available at both centers. The centers are used monthly by the DUP and SUP for their meetings. The old cistern at the Kanab Center is receiving a new coat of paint; leaky roof and sink have been repaired. A Christmas Singles' dinner and activity and Flu Shoot-Out were held at the Kanab Center.

Donna Chynoweth - Garfield County

Ms. Chynoweth thanked Mr. Clem Griffin for his volunteer service at the Escalante Center, as well as to the Council. Activities held at all three centers included "Fall Leaves" trips; DUP, SUP, and Lions' Clubs monthly meetings; sewing classes, with a new knitting class in Escalante; exercise classes; Christmas Parties with local entertainers and visits from Santa Claus with gift for each senior. A box of chocolate was given to seniors receiving Home-Delivered Meals throughout the County. The County is including "food for thought" notes and word searches with Home-Delivered Meals. The Escalante Center has hired a new Senior Center Director. It also received a new refrigerator, with an ice-maker, from the County, and has a volunteer who plays the piano during meals. The Escalante Center is providing meals to seniors in Boulder; may provide transportation to them to come to the Center rather than taking the meals there. The Henrieville Center made a shopping/medical trip to St. George. Numbers continue to increase in the County.

Pam McMullin - Beaver County

The centers in Beaver County are doing well; numbers have decreased due to the cold temperatures. The Beaver and Minersville Centers have Easter Seal workers that help with answering the telephones, make appointments for HEAT, and other duties and are a great help. The centers have had presentations on Medicare, especially helping with prescriptions; great meals provided in December with several compliments from seniors. Centers are "rented" out

with money from the Milford center staying there. HEAT program is going well in Beaver County. Activities at the Beaver Center include meals; card games, pinochle and bridge; pool; tai-chi, biweekly; manicures, every two months; doctor trips to St. George; "Fall Leaves" trips; and presentations from the Foster Grandparent and Senior Companion Programs. On November 29, 2012, the Christmas Party was held at the Beaver Fairgrounds with 100 in attendance, and the Center made a quilt, raffled it, and received \$345.00. Judge Bradshaw sends court-ordered "volunteers" to the Center who provide great service. Activities at the Minersville Center include home-delivered meals, congregate meals, bingo, and bonko, and manicures. The Milford Center activities include home-delivered and congregate meals, card games, etc. The Center has a new director, Susan Mellor. Seniors throughout the County travel to all centers and participate in the activities there.

IV. NUTRITION PROGRAM

- Ms. Schonlaw reported that sequestering of Federal funds has been postponed for three months. Should this happen, cuts to programs could be 8% to 15% across-the-board, and may impact State funds.
- A mid-year report was presented showing where budgets currently stand, with the addition of carryover funds currently received. Counties appear to be okay, except for Garfield County. Ms. Schonlaw reminded the Council that the carryover funding is "one-time only". Carryover funding for Administration totaled approximately \$28,000.00, however, Ms. Schonlaw requested that amount be amended to approximately \$8,000.00, with \$20,000.00 be added to Home-Delivered Meals. It was noted that Project Income is low and may result in a shortfall. This is due, in part, to funding cuts and cutbacks in services provided and other economic factors. Suggestions for use of the carryover were listed in the blue shaded box on the report. A discussion was held regarding the project income shortfall and requests for additional funding. It was suggested that funding be held in reserve to cover the project income shortfall and that each County Coordinator submit to Ms. Schonlaw requests for the additional funding. She would review the requests and make determination for that funding. Ms. Schonlaw requested a motion on how the Council would like the carryover, "one-time" funding to be disbursed.

MOTION WAS MADE BY MS. SHARON OTT TO RESERVE FUNDING FOR PROJECT INCOME SHORTFALL AND DISTRIBUTE REMAINING FUNDS AS REQUESTED BY COUNTIES. MOTION SECONDED BY MS. KAYE REESE. MOTION CARRIED UNANIMOUSLY.

- Nutrition Outcomes - The State has a new pilot program to help collect information on how programs provided at the Senior Centers benefit those they serve. Changes on assessment forms have been made to help with the information. This pilot program will be for a 6-month period and at that time adjustments/recommendations will be made before implemented throughout the State. This will be a great tool to give additional information to legislatures and for areas to look at how to improve services, etc.

V. FEDERAL YEAR END NAPIS REPORTS

Ms. Schonlaw reviewed the Federal FY 2012 year-end report for services and expenditures provided throughout our region. Copies of the report were distributed to Council.

VI. SENIOR DAY AT LEGISLATURE

Information flyers were distributed to the Council regarding Senior Day at the Legislature and the U4A priorities for the upcoming budget session - additional funding for Meals and Caregiver. Senior Day at the Legislature will be February 13, 2013. Ms. Schonlaw reported that 10 slots have been reserved for our area, and that we can request for more, if needed. Other areas of the State send seniors on buses, etc. for that day. A question was raised regarding financial assistance for those who would like to attend Senior Day - due to travel time, seniors would need to travel the day before and stay overnight. Ms. Schonlaw stated that carryover Administration money could be used, with the approval of the Council.

MOTION WAS MADE BY MR. ART COOPER TO USE ADMINISTRATION MONEY FOR EXPENSES FOR SENIOR DAY. MOTION SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED UNANIMOUSLY.

Ms. Schonlaw will need number attending for lunch count and hotel reservations by January 31, 2013.

VII. OTHER BUSINESS

- Open Forum/Discussion - Nothing to report
- CDSMP/DSMP Schedule - New classes are scheduled through the area. Ms. Schonlaw will send schedule to County Coordinators to post at their centers.
- Annual Plan and Budget for FY 14 - Ms. Schonlaw reminded Council that the Annual Plan is presented at the April meeting, but if the State deadline changes, that meeting date may have to be moved up one week. That meeting will be held in Iron County at the Parowan Center.
- At-Large Representative - Term completed by At-Large Representative; assignment rotated throughout the Area. The At-Large Representative serves a 1-year term.

**MOTION WAS MADE BY MS. JUDY HENRIE FOR KANE COUNTY TO
PROVIDE NEXT AT-LARGE REPRESENTATIVE. MOTION SECONDED BY MR. ART
COOPER. MOTION CARRIED UNANIMOUSLY.**

Ms. Schonlaw will contact Ms. Christensen. The new representative will be presented for Council approval at April meeting.

VIII. ADJOURN

Meeting was adjourned at 11:30 a.m. Lunch was then served at the Milford Center.